



Friday Beat

April 27, 2007 Edition



For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at www.dshs.state.tx.us/schoolhealth

Quote to Note:

"Unless a man undertakes more than he possibly can do, he will never do all that he can."

-- Henry Drummond

Program Notices and Postings:

School Health Bulletin

The April 2007 edition of the School Health Bulletin is now online. This edition includes information on School Nurse Day and the "How to Stay Healthy for a Lifetime" Poster Contest Winners. You can access the School Health Bulletin by visiting www.dshs.state.tx.us/schoolhealth/fridaybeat.shtm

****Reminder**--Available for Download Only--Everything You Need to Know About Head Lice Pamphlet**

This popular pamphlet is only available online for download at the DSHS School Health program website. Hard copies are no longer available for order by fax or online through the DSHS Warehouse. We apologize for any inconvenience this has caused those of you who have diligently tried to order hard copies of the brochure.

Texas School Health Advisory Committee Member Reappointment--Nominations for Physical Educator Category--Deadline Extension: May 11, 2007

One reappointment position for the category of Physical Educator member on the TSHAC is available. By 1:30 p.m., May 11, 2007, physical educators currently certified by the Texas State Board of Educator Certification, and currently employed in a K-12 school or district setting described in the definition criteria, must complete the approved application and submit two letters of recommendation. The term of office for this position is six years with five remaining to be served. If you wish to be considered as a nominee, visit the DSHS TSHAC web page at www.dshs.state.tx.us/schoolhealth/shadvise.shtm or contact Ellen Kelsey at (512) 458-7111 ext. 2140, ellen.kelsey@dshs.state.tx.us

Awards for Excellence Application Deadline Extended—May 11, 2007

DSHS is opening up the application process to additional applicants this year and extending its deadline. With coordinated school health programming through middle school, new school nutrition policies, federal wellness policies, and a reduction in PEP funding we know there is a need for new funding streams to support the creation of outstanding school health programs. This year, 11 awards up to \$1500 are available in 5 different categories. For an application or more information, please visit the DSHS School Health website at www.dshs.state.tx.us/schoolhealth or Ellen Kelsey at (512) 458-7111 ext 2140, ellen.kelsey@dshs.state.tx.us.

How to be Healthy for a Lifetime Poster Contest Winners

The Department of State Health Services, School Health Program is happy to announce the winners of the 2006-07 *How to be Healthy for a Lifetime* poster contest. One poster each from grade level categories was chosen to represent all K-12th grade children of Texas as they study, learn and practice healthy lifestyle behaviors taught through the district's coordinated school health program. Please congratulate all the winners and thank all who entered as well as the teachers and parents who did such a wonderful job of helping their students and children understand the importance of living a healthy lifestyle.

Lower Elementary (K-2)

1st Place: Emily Goff - 2nd grade, Wilchester Elementary School, Spring Branch ISD
 Honorable Mention: Thomas Neyland - Kindergarten, Wilchester Elementary School, Spring Branch ISD

Upper Elementary (3-5)

1st Place: Natalie Oates - 5th grade, Palmer Intermediate School, Palmer ISD
 Honorable Mention: Ali Hussain - 4th grade, Whittier Elementary School, Houston ISD and
 Brian Mizo - 4th grade, Wilchester Elementary School, Spring Branch ISD

Middle School (6-8)

1st Place: Laura Holy - 8th grade, West Middle School, West ISD

High School (9-12)

1st Place: Summer Haines - 12th grade, West Brook High School, Beaumont ISD
 Honorable Mention: Tonya Manuel - 12th grade, West Brook High School, Beaumont ISD and
 Janel Mentos - 9th grade, West Brook High School, Beaumont ISD

Upcoming Conferences/ Meetings/ Professional Development:**Oral Health Listening Sessions**

The Texas Oral Health Coalition (TxOHC) in collaboration with the Department of State Health Services (DSHS) Oral Health Program is pleased to inform you that several oral health listening sessions will be conducted throughout Texas within the next few months. TxOHC and DSHS value your input and would like to invite you to participate in one of the listening sessions.

The purpose of the listening sessions is to update the existing "Collaborative Oral Health Plan in Texas" that was published in January 2005. The session will focus on ways to further implement the plan and prioritize strategies. Your experience and expertise will be a tremendous asset to this community forum. Your insights and opinions are valuable to us and your ideas will be used to help identify action steps for future oral health initiatives.

If you will be attending, please RSVP your attendance for the specific location (*your name, your title, your phone number, your email address, your organization/agency and the listening session location*) through either email (sandy.tesch@dshs.state.tx.us) or by faxing (FAX 512-458-7256) to: DSHS, Oral Health Program, before the date of the scheduled session.

The following dates and locations have been selected:

Location	Address	Date	Time	Number
Texarkana	Texarkana College Truman Arnold Student Center Room A Texarkana, TX	May 17, 2007	6:30 pm	903-838-4541
Lubbock	Kipling Center 21 st and Louisville West Parking Garage 6th floor – Room A Lubbock, TX	May 23, 2007	6:30 pm	806-725-0476
San Angelo	San Angelo Visitor Center 426 West Avenue B San Angelo, TX	May 30, 2007	6:30 pm	325-486-0185
San Antonio	Dept. of State Health Services 7430 Louis Pasteur Drive Room 130 San Antonio, TX	May 9, 2007	6:30 pm	210- 949-2124

Preventing Foodborne Illness in Schools—May 15, 2007

The Federal News Service is hosting a 60-minute audio conference that addresses food safety concerns in schools. The audio conference comes as a result of two alarming reports in the recent year. The first report was by the Center for Science in the Public Interest outlining unacceptable conditions of school cafeterias and the second report was by the US Department of Agriculture pointing out that millions of children eat in school cafeterias that don't get the twice-yearly health inspections required by Congress to help prevent food poisoning. The audio conference will delve into what is really happening in schools and districts to keep both food and students safe. For cost and more information, please visit

Combating Childhood Obesity: School-Community Collaboration—May 1, 2007

Action for Healthy Kids and Paperclip Communications are hosting a 60-minute audio conference that addresses several community-school partnerships that help to tackle the issue of childhood obesity head-on. These programs represent "best practices" for collaborative educational programs on nutrition, physical activity and wellness. For cost and more information, please visit www.paper-clip.com/audioconference/ac.asp?acID=126.

Health Education:

Health Observances for May 2007

There is a huge list of health observances for the month of May. The list compiles observances by the whole month of May, certain weeks in May and certain daily observances. Health observances can be incorporated into curriculum, lessons, or trainings to heighten awareness around a particular health topic. To view the list of May 2007 health observances, please visit www.healthfinder.gov/library/nho/nho.asp#m5.

The Power of Prevention

The most important element of prevention is knowledge. The American Academy of Clinical Endocrinologists (AACE) believes that a patient armed who is knowledgeable about his/her chronic disease will have better control of that disease. AACE has developed materials for families and teachers, The Power of Prevention through Fitness and Nutrition (POPTFN). There are items for children and families as well as a 5-day curriculum for teachers. Please access this program at www.powerofprevention.com.

Healthy and Safe School Environment:

National Healthy Schools Day---April 30, 2007

Join others nationally this upcoming Monday for a great opportunity for schools and communities to promote healthy school environments for children and school personnel. For more information, please visit the National School Board's Association website at www.nsba.org/site/doc_micro.asp?TRACKID=&CID=1120&DID=40423.

Prescription Drug Trading at Schools

A recent research report was published in March 2007 issue of *Archives of Pediatrics and Adolescent Medicine* titled "Prescription Drug Abuse and Diversion Among Adolescents in a Southeast Michigan School District". The study design was a web-based survey that was administered to 7th- to 12th-grade students residing in one ethnically diverse school district over a three-week period. In the survey, students were asked to respond to computerized questions about their medical and nonmedical use of sleeping, sedative, or anxiety, stimulant, and pain medications, and were asked if they had been solicited to divert their prescription drugs to other persons—and if so, who had asked for the drug, and who had received it. The results from the study were that a higher percentage of girls reported giving away their medications than boys; girls were significantly more likely than boys to divert to female friends, whereas boys were more likely than girls to divert to male friends. Ten percent diverted their drugs to parents. The researcher's conclusions from the results of the study were that secondary school students, physicians, nurses, and parents should be educated and should closely monitor the medical use, illicit use, and diversion of abusable prescription medications. To read a synopsis about the study, please visit <http://archpedi.ama-assn.org/cgi/content/abstract/161/3/276>. To read an article from Health and Healthcare in Schools about the study, please visit www.healthinschools.org/ejournal/2007/april2.htm.

Counseling and Mental Health Services:

U.S. Department of Education—Mentoring Program Grants—Deadline: May 23, 2007

The U.S. Department of Education is accepting applications for its Mentoring Programs grant program. The purpose of this program is to provide assistance to promote mentoring programs for children in order to improve academic performance and interpersonal relationships, reduce the dropout rate of children, and reduce juvenile delinquency. Grant amounts will range between \$100,000 and \$200,000. For complete program information and application guidelines, please visit <http://a257.g.akamaitech.net/7/257/2422/01jan20071800/edocket.access.gpo.gov/2007/pdf/E7-6863.pdf>

Parent and Community Involvement:

We Can! Website

The National Institutes for Health and their many partners have a website devoted to enhancing child nutrition and activity for children ages 8-13 years. The website is titled, "We Can!" (Ways to Enhance Children's Activity and Nutrition). The entire website is a great resource for parents and caregivers. There are two sections: Learn It and Live It that are filled with valuable information. These sections educate parents on how to help their families maintain healthy weight by balancing energy in and energy out. It also provides practical everyday living tips and tools to maintain the healthy choices that are made. Materials (posters, flyers, brochures) and other resources (tip sheets, guides, and curriculums) for parents and professionals are also available via this website. This website may be accessed at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm.

Staff Wellness Promotion:

Game On! The Ultimate Wellness Challenge Toolkit

It's time to plan for next school year. Part of that planning should be how everyone can get committed to your school's wellness practices. Consider incorporating Game On! The Ultimate Wellness Challenge. The Game On! program reinforces the importance of healthy nutrition and physical activity during the school day. The program features a unique activity course that integrates core lessons of Energy In (nutrition) and Energy Out (physical activity), borrowed from Action for Healthy Kids *ReCharge! Energizing After-school* program.

A free toolkit to guide you through the program was developed by Action for Healthy Kids, in partnership with the U.S. Department of Health and Human Services, and with input from the U.S. Departments of Agriculture and Education and other leading health and education organizations. This turn-key guide for hosting a local Game On! event includes all necessary information to prepare, publicize, and carry-out a Game On! The Ultimate Wellness Challenge event. For more information or to download the toolkit, please visit www.actionforhealthykids.org/special_GameOn.php.

Health Services:

Back-to School Planning? Don't Forget CHIP/Children's Medicaid

As you prepare for Back-to School activities, remember to include information about CHIP/Children's Medicaid. These low or no-cost health insurance programs help lower-income students get access to quality health care they otherwise might not be able to afford. As you know, children who have health care coverage are better prepared to learn and spend less time in the nurse's office. A recent study shows that students who lack health care coverage miss more days of school, which can have a negative impact on their academic success.

Free outreach materials on CHIP (Children's Health Insurance Program) and Children's Medicaid are available in English and Spanish at www.chipmedicaid.org/cbo/order_app.asp.

Core information about these two children's health insurance programs can be found at www.CHIPmedicaid.org. The website answers such questions as "What does it cover," "Who qualifies," and "What is the cost?" Those who are interested can fill out an application on-screen and find organizations in their area that can help with the application process. The site also has a search feature for finding the health plans in each area that deliver CHIP and Children's Medicaid services.

For more information, call or email Geoff Wool (512-424-6548) or Windy Hill (512-424-6920).

Physical Education:

NASPE/POLAR Principals' Contest—Get Your School Principal Involved!

NASPE and Polar have again teamed up to encourage principals to actively participate in and assess their school's physical education program. The contest hopes to get principals to not only participate, but also show students that physical activity is important. Principals will be able to observe how well their school's physical education program is providing students with challenging content, appropriate instruction, a positive environment, and a daily dose of moderate to vigorous physical activity. The contest is in conjunction with National Physical Education and Sport Week, May 1-7, 2007. For more information on how to participate, please visit www.aahperd.org/naspe/template.cfm?template=principalContest/contest.html

Nutrition Services:

Kids in the Kitchen Initiative

The Junior Leagues' Kids in the Kitchen initiative was created to help educate the public on the growing problem of childhood obesity. The Kids in the Kitchen website was developed to help make an impact in this area by providing the solutions that the public might adopt into their lifestyle to combat childhood obesity and poor nutrition. The website includes a virtual recipe collection and Healthy Tips that are designed to teach young children healthy eating habits at an early age. The website can be accessed at

<http://kidsinthekitchen.ajli.org/?nd=home>

IOM Releases Recommendations for Nutrition Standards in Schools

In a report released April 25, 2007, the Institute of Medicine (IOM) lays out 10 principles "to support the creation of healthful eating environments for U.S. school children" and cites foods and beverages that would meet "Tier I" and "Tier 2" standards. The directive to develop the report was mandated by a directive from the US Congress. The report was created in collaboration with the US Centers for Disease Control. A report brief is available at

www.iom.edu/Object.File/Master/42/505/Food%20in%20Schools.pdf

External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond.

For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson, information listed below.

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